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**BUDGETARY OUTLAY IN MAPEH 5**

**Physical Education**

**(Teacher’s Material)**

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5

**MAPEH**

**Contextualized Budgetary Outlay**

**PHYSICAL EDUCATION**

This contextualized budgetary outlay was collaboratively developed and reviewed by educators from the Schools Division of Silay City. We encourage teachers to email their feedback, comments, and recommendations to the Schools Division of Silay City at[deped.silay@deped.gov.ph](mailto:deped.silay@deped.gov.ph)

**We value your feedback and recommendations.**

**Schools Division of Silay City • Department of Education**

**BUDGETARY OUTLAY**

**PHYSICAL EDUCATION**

**GRADE V**

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| **FIRST GRADING** | |
| **CONTENT STANDARDS** | **Demonstrates understanding of participation and assessment of physical activity and physical fitness** |
| **PERFORMANCE STANDARDS** | **1.Participates and assesses performance in physical activities.**  **2. Assesses physical fitness** |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 1-2 | 2 | Describes the  Philippines physical  activity pyramid | Nailalarawan ang *Philippine Physical Activity Pyramid* | Aralin 1  Ikaw at ang Iyong Kakayahang Pangkatawan  Aralin 2  Ang Iyong Kalusugan ay Mahalaga | PE5PF-Ia-16 | Masigla at Malusog na Katawan at Isipan 5  TG pp 3-5  LM pp 3-7  TG pp 5-7  LM pp 8-11 | Tsart  Larawan  Tape measure  Step box  Skinfold caliper  Larawan ng mga taong naglalaro ng sarisaring isport pito |
| Day 3-4 | 2 | Explains the indicators  for fitness | Naipaliliwanag ang mga *fitness indicators*  Naipaliliwanag ang mga panukat ng kakayahang pangkatawan | Aralin 1  Ikaw at ang Iyong Kakayahang Pangkatawan  Aralin 2  Ang Iyong Kalusugan ay Mahalaga | PE5PF-Ia-17 | TG pp 3-5  LM pp 3-7  TG pp 5-7 LM pp 8-11 | cartolina  magasin  gamit pangkulay |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 5-6 | 2 | Assesses regularly  participation in physical  activities based on the  Philippines physical  activity Pyramid | Nasusuri ang paglahok sa mga pisikal na aktibidad ayon sa *Philippine Physical Activity Pyramid* | Aralin 1  Ikaw at ang Iyong Kakayahang Pangkatawan | PE5PF-Ib-h-18 | TG pp 3-5  LM pp 3-7 | Tsart  Kartolina  Magasin  Gamit pangkulay |
| Day 7-8 | 2 | Explains health and skill related fitness components | Naipaliliwanag ang mga *health-related at skill related fitness components* | Aralin 2  Ang Iyong Kalusugan ay Mahalaga  Aralin 3  Mga Kasanayang Dapat Linangin | PE5PF-Ia-21 | TG pp 5-7  LM pp 8-13 | Tsart  Larawan ng mga taong naglalaro ng sari-saring isport |
| Day 9 | 1 | Identifies areas for improvement | Natutukoy ang mga bahagi ng pampisikal na kalusugan na kailangan pang isaayos  Natutukoy ang mga kahinaan sa kakayahan upang maisaayos ang mga ito | Aralin 2  Ang Iyong Kalusugan ay Mahalaga  Aralin 3  Mga Kasanayang Dapat Linangin | PE5PF-Ib-h-22 | TG pp 5-7  LM PP 8-13  TG pp 7-9  LM pp 14-19 | Tsart  Larawan ng mga taong naglalaro ng sari-saring isport |
| Day 10 | 1 | Explains the  nature/background of  the games | Naipaliliwanag ang uri at pinanggalingan ng mga larong tinatalakay-  Tumbang Preso at Batuhang Bola , na isang target game | Aralin 5  Masayang Maglalaro ng mga Target Games | PE5GS-Ib-1 | TG pp 11-13  LM pp 28-33 | Lata  Pamato  Chalk  Laptop  Projector  Picture puzzles |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 11 | 1 | Describes the skills  involved in the games  Observes safety precautions | Nailalarawan ang mga kakayahang kailangan sa paglalaro  Naisasagawa ng mayroong ibayong pag-iingat sa paglalaro | Aralin 5  Masayang Maglalaro ng mga Target Games  Aralin 4  Paglalaro para sa Kasiyahan at Kalusugan | PE5GS-Ib-2  PE5GS-Ib-h-3 | TG pp 11-13  LM pp 28-33  TG pp 9-11  LM PP 22-27 | Lata  Pamato  Chalk  Laptop  Projector  Picture puzzles  Projector  Laptop  Papel  Lapis |
| Day 12 | 1 | Executes the different  skills involved in the game | Naipamamalas ang mga kakayahang kailangan sa paglalaro ayon sa *Philippine Physical Activity Pyramid* | Aralin 5  Masayang Maglaro ng mga *Target Games* | PE5GS-Ic-h-4 | TG pp 11-13  LM pp 28-33 | Lata  Pamato  Chalk  Laptop  Projector  Picture puzzles |
| Recognizes the value of  participation in physical  activities | Nakikilala ang kahalagahan ng paglahok sa mga pisikal na aktibidad | Aralin 4  Paglalaro para sa Kasiyahan at Kalusugan | PE5PF-Ib-h-19 | TG pp 9-11  LM pp 22-27 | Laptop  Projector  Papel  lapis |
| Displays joy of effort,  respect for others and fair  play during participation  in physical activities | Naipamamalas ang galak sa pagsusumikap,respeto sa mga kalaro, at pagiging patas habang nakikilahok sa mga pisikal na aktibidad sa *Philippine Physical Activity Pyramid* | Aralin 4  Paglalaro para sa Kasiyahan at Kalusugan | PE5PF-Ib-h-20 | TG pp 9-11  LM pp 22-27 |  |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 13 | 1 | Explains health and  skill- related fitness  components | Naipaliliwanag ang mga *health at skill-related fitness components* | Aralin 3  Mga Kasanayang Dapat Linangin | **PE5PF-Ia-21** | TG pp 7-8  LM p 14-21 |  |
| Day 14 | 1 | Summative Test/Periodical Test | | | | | |

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| **SECOND GRADING** | |
| **CONTENT STANDARDS** | **Demonstrates understanding of participation and assessment of physical activity and physical fitness.** |
| **PERFORMANCE STANDARDS** | **1. Participates and assesses performance in physical activities.**  **2. Assesses physical fitness** |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 1 | 1 | Describes the  Philippines physical  activity pyramid | Nailalarawan ang *Philippine Physical Activity Pyramid* | Aralin 7  Kakayahang Pangkatawan | PE5PF-IIa-16 | Masigla at Malusog na Katawan at Isipan 5  TG pp 19-20  LM pp 41-45 | Papel  Lapis |
| Explains the indicators for fitness | Naipaliliwanag ang mga panukat ng kakayahang pangkatawan | Aralin 7  Kakayahang Pangkatawan | PE5PF-IIa-17 | Masigla at Malusog na Katawan at Isipan 5  TG pp 19-20  LM pp 41-45 |  |
| Day 2-3 | 2 | Assesses regularly  participation in physical  activities based on the  Philippines physical  activity Pyramid | Nakikilala ang kahalagahan ng paglahok sa mga pisikal na aktibidad | Aralin 7  Kakayahang Pangkatawan | PE5PF-IIb-h-18 | Masigla at Malusog na Katawan at Isipan 5  TG pp 19-20  LM pp 41-45 | Rubber mat  Papel  Lapis |
| Day 4 | 1 | Explains the  nature/background of  the games | Naipaliliwanag ang uri at pinanggalingan ng mga invasion game | Aralin 8  Maglaro at Magehersisyo | PE5GS-IIb-1 | Masigla at Malusog na Katawan at Isipan 5  TG pp 21-22  LM pp 46-51 | Tennis ball  Stopwatch  Tsart  Lapis  Papel |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 5 | 1 | Describes the skills  involved in the games | Nailalarawan ang mga kasanayang kailangan sa paglalaro | Aralin 8  Maglaro at Mag-ehersisyo | PE5GS-IIb-2 | Masigla at Malusog na Katawan at Isipan 5  TG pp 21-22  LM pp 46-51 |  |
| Day 6 | 1 | Observes safety  precautions | Naisasagawa ang mga panuntunang pangkaligtasan upang makapaglaro ng ligtas at malayo sa sakuna | Aralin 8  Maglaro at Mag-ehersisyo | PE5GS-11b-h-3 | Masigla at Malusog na Katawan at Isipan 5  TG pp 21-22  LM pp 46-51 |  |
| Day 7-8 | 2 | Executes the differen skills involved in the  game | Naipamamalas ang mga kakayahang kailangan sa paglalaro | Aralin 9  Mga Larong Pinoy | PE5GS-IIc-h-4 | Masigla at Malusog na Katawan at Isipan 5  TG pp 23-24  LM pp 52-55 | Field  Papel  Lapis |
| Day 9 | 1 | Recognizes the value of  participation in physical  activities | Nakikilala ang kahalagahan ng paglahok sa mga pisikal na aktibidad | Aralin 9  Mga Larong Pinoy | PE5PF-IIb-h-19 | Masigla at Malusog na Katawan at Isipan 5  TG pp 23-24  LM pp 52-55 |  |
| Day 10 | 1 | Displays joy of effort,  respect for others and  fair play during  participation in physical  activities | Naipamamalas ang galak sa paggawa, respeto sa iba, at paglalaro ng patas habang nakikilahok sa mga pisikal na aktibidad | Aralin 12  Mga Lead Up Games | PE5PF-IIb-h-20 | Masigla at Malusog na Katawan at Isipan 5  TG pp 27-30  LM pp 64-69 | Panyo  Bandana  Papel  Lapis  Sementadong lugar |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 11 | 1 | Explains health and skill related fitness  components | Naipaliliwanag ang mga *skill -related fitness* components | Health and Skill-Related Fitness Components | PE5PF-IIa-21 | CG p 31  Other available sources |  |
| Day 12 | 1 | Identifies areas for  improvement | Natutukoy ang mga bagay na kailangang pagbutihin | Areas for Improvement | PE5PF-IIb-h-22 | CG p 31  Other available sources |  |
| Day 13 | 1 | Summative Test/Periodical Test | | | | | |

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| **THIRD GRADING** | |
| **CONTENT STANDARDS** | **Demonstrates understanding of participation and assessment of physical activity and physical fitness.** |
| **PERFORMANCE STANDARDS** | **1.Participates and assesses performance in physical activities**  **2. Assesses physical fitness** |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 1 | 1 | Describes the Philippines physical activity pyramid | Nailalarawan ang *Philippine Physical Activity Pyramid(PPAP)* at paano ito nagagamit sa pagtamo ng pisikal na kaangkupan | Aralin 13  Kahalagahan ng Sayaw | PE5PF-IIIa-16 | Masigla at Malusog na Katawan at Isipan 5  TG pp 32-34  LM p 71-75 | Papel  Lapis  LCD projector |
| Day 2 | 1 | Explains the indicators for fitness | Naipaliliwanag ang batayan ng kaangkupan | Aralin 13  Kahalagahan ng Sayaw | PE5PF-IIIa-17 | Masigla at Malusog na Katawan at Isipan 5  TG pp 32-34  LM p 71-75 |
| Day 3-4 | 2 | Assesses regularly participation in  physical activities based on the  Philippines physical activity pyramid | Natatantiya ang partisipasyon sa mga pisikal na aktibidad base sa PPAP | Aralin 13  Kahalagahan ng Sayaw | PE5PF-IIIb-h-18 | Masigla at Malusog na Katawan at Isipan 5  TG p 32  LM p 71-75 |
| Day 5 | 1 | Explains the nature/background of the dance | Naipaliliwanag ang pinanggalingan ng sayaw na Cariῆosa | Aralin 16  Tayo nang Sumayaw ng Cariῆosa | PE5RD-IIIb-1 | Masigla at Malusog na Katawan at Isipan 5  TG pp 37-38  LM pp 86-93 | Kasuotan  Pamaypay  Panyo  musika ng Cariῆosa  MP3 player o CD player |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 6 | 1 | Describes the skills involved in the  dance | Nailalarawan ang mga kasanayang kailangan sa sayaw | Aralin 16  Tayo nang Sumayaw ng Cariῆosa | PE5RD-IIIb-2 | Masigla at Malusog na Katawan at Isipan 5  TG p 37  LM pp 86-91 | Kasuotan  Pamaypay  Panyo  musika ng Cariῆosa  MP3 player o CD player |
| Day 7 | 1 | Observes safety precautions | Naisasagawa ng may ibayong pag-iingat upang makaiwas sa sakuna o pananakit ng katawan ng dahil sa pagsasayaw | Aralin 14  Mga Benepisyo ng Pagsasayaw | PE5RD-IIIb-h-3 | Masigla at Malusog na Katawan at Isipan 5  TG pp 34-35  LM pp 76 -79 |  |
| Day 8 | 1 | Executes the different skills involved  in the dance | Naitatanghal ang iba’t ibang kasanayang kailangan sa sayaw | Aralin 16  Tayo nang Sumayaw ng Cariῆosa | PE5RD-IIIc-h-4 | Masigla at Malusog na Katawan at Isipan 5  TG p 37  LM pp 86-91 |  |
| Day 9 | 1 | Recognizes the value of participation  in physical activities | Nakikilala ang kahalagahan ng paglahok sa mga pisikal na aktibidad | Aralin 19  Sumayaw para sa Kalusugan | PE5PF-IIIb-h-19 | Masigla at Malusog na Katawan at Isipan 5  TG pp 44-45  LM pp104-107 |  |
| Day 10 | 1 | Displays joy of effort, respect for  others during participation in physical  activities | Naipakikita ang saya at respeto sa iba habang sumasayaw | Aralin 16  Tayo nang Sumayaw ng Cariῆosa | PE5PF -IIIb-h-20 | Masigla at Malusog na Katawan at Isipan 5  TG pp 37-38  LM pp 86-91 | Kasuotan  Pamaypay  Panyo  musika ng Cariῆosa  MP3 player o CD player |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 11 | 1 | Explains health and skill related  fitness components | Naipaliliwanag ang *health at skill-related components* | Aralin 13  Kahalagahan ng Sayaw | PE5PF-IIIa-21 | Masigla at Malusog na Katawan at Isipan 5  TG pp 32-34  LM pp 71-75 |  |
| Day 12 | 1 | Identifies areas for improvement | Natutukoy ang mga bagay na kailangang pagbutihin | Aralin 13  Kahalagahan ng Sayaw | PE5PF-IIIb-h-22 | TG pp 32-34 |  |
| Day 13 | 1 | Summative Test/Periodical Examination | | | | | |

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| **FOURTH GRADING** | |
| **CONTENT STANDARDS** | **Demonstrates understanding of participation and assessment of physical activity and physical fitness** |
| **PERFORMANCE STANDARDS** | **1. Participates and assesses performance in physical activities.**  **2. Assesses physical fitness** |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 1 | 1 | Describes the Philippines  physical activity pyramid | Nailalarawan ang *Philippine Physical Activity Pyramid(PPAP)* at paano ito nakatutulong makamit ang iyong layuning pangkalusugan | Aralin 18  Makilahok at Maging Malusog | **PE5PF-IVa-16** | Masigla at Malusog na Katawan at Isipan 5  TG pp 43-44  LM pp 101-103 | Papel  Lapis |
| Day 2 | 1 | Explains the indicators for  fitness | Naipaliliwanag ang mga batayan ng kaangkupan o kalusugan | Aralin 18  Makilahok at Maging Malusog | PE5PF- IVa—17 | Masigla at Malusog na Katawan at Isipan 5  TG pp 43-44  LM pp 101-103 |
| Day 3 | 2 | Assesses regularly participation in physical  activities based on thePhilippines physical activitypyramid | Nalalaman ang antas ng kaangkupan sa pamamagitan ng paglahok sa mga *physical fitness test* | Aralin 18  Makilahok at Maging Malusog | PE5PF-IVb—h-18 | Masigla at Malusog na Katawan at Isipan 5  TG pp 43-44  LM p 101-103 |
| Day 4 | 1 | Explains the nature/background of the dance | Naipaliliwanag ang pinagmulan ng Polka sa Nayon | Aralin 17  Ang Polka sa Nayon | PE5RD-IVb-1 | Masigla at Malusog na Katawan at Isipan 5  TG pp 39-41  LM pp 94-99 | Musika MP3  CD player  Papel  Lapis |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 5 | 1 | Describes the skills involved in  the dance | Nailalarawan ang mga kasanayang ginagamit sa sayaw | Aralin 17  Ang Polka sa Nayon | PE5RD-IVb-2 | Masigla at Malusog na Katawan at Isipan 5  TG pp 39-40  LM PP 108-111 | Musika MP3  CD player  Papel  Lapis  Musika  MP3 player  Lapis  papel |
| Day 6 | 1 | Observes safety precautions | Nagsasagawa ng pag-iingat sa pagsasayaw para makaiwas sa sakuna at mga bagay na makasasakit sa katawan | Aralin 19  Sumayaw para sa Kalusugan | PE5RD-IVb-h-3 | Masigla at Malusog na Katawan at Isipan 5  TG pp 44-45  LM pp 104-107 |
| Day 7 | 1 | Executes the different skills  involved in the dance | Naitatanghal ang mga kasanayang ginagamit sa sayaw | Aralin 17  Ang Polka sa Nayon | PE5RD-IVc-h-4 | Masigla at Malusog na Katawan at Isipan 5  TG pp 39-41  LM pp 94-99 |
| Day 8 | 1 | Recognizes the value of  participation in physical activities | Nakikilala ang kahalagahan ng pakikilahok sa mga pisikal na aktibidad | Aralin 19  Sumayaw para sa Kalusugan | PE5PF-IVb-h-19 | Masigla at Malusog na Katawan at Isipan 5  TG pp 44-45  LM pp 104-107 | Musika  MP3 player  Papel  Lapis |
| Day 9 | 1 | Displays joy of effort, respect  for others during participation in  physical activities | Naipakikita ang saya,respeto sa iba habang nakikilahok sa mga pisikal na aktibidad | Aralin 20  Iba Pang Pangunahing Galaw sa Sayaw | PE5PF-IVb-h-20 | Masigla at Malusog na Katawan at Isipan 5  TG pp 46-47  LM pp 108-111 |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 10 | 1 | Explains health and skill  related fitness components | Naipaliliwanag ang mga health at *skill-related fitness* components na nililinang sa sayaw | Aralin 19  Sumayaw para sa Kalusugan | PE5PF-IVa-21 | Masigla at Malusog na Katawan at Isipan 5  TG Pp 44-45  LM pp 104-107 | Papel  Lapis |
| Day 11 | 1 | Identifies areas for improvement | Natutukoy ang mga bagay na kailangang pagbutihin | Areas for Improvement | PE5PF-IVb-h-22 | CG p 33 |  |
| Day 12 | 1 | Summative Test/Periodical Test | | | | | |





